

Senior Moments

May 2016

May Birthdays

Maurine Auer 30
Mina Bellah 7
Roger Berndt 12
Ann Bonds 11
Carol Busby 7
Jeanne Deane 8
Mary Jane Faulkner 13
Kathy Grudle 22
Delight Hamar 26
Wanda Kenyon 11
Jane Landes 2
Pete McDowell 14
Alma Murphy 1
Gloria Moles 20
Eugene O'Day 25
Harold Pippin 16
Helen Sacco 29
Judy Vincent 18
Jerry Winegar 16
The Birthday Party
each month (last Friday
at 1:00) is a time to
celebrate birthdays of
our members and oth-
ers joining us. Every-
one is invited to attend
and help us have a
party for those attend-
ing that do have birth-
days. So even though
you don't have that
yearly reminder you
are growing older
please attend and have
a good time.
Brookdale Monmouth
provides the delicious
cake and Friends pro-
vide the ice cream.
This month its May 27
at 1:00 pm.



Monmouth Senior Community Center
180 S. Warren St. Monmouth, OR 97361
(503) 838-5678
Monday-Friday 9a.m.-4p.m.

Expansion Project On The Move

Hallelujah! The Monmouth Senior Center Expansion is on the move, thanks to the City Council of Monmouth.

At the Council meeting on April 19, the members voted 4-1 to give the remaining funds needed to get this project going.

After a meeting following the Advisory Board on April 26, Mark Fancey met with Jane Honbeck, and Metcalf Construction. The contract will be signed very soon and ground breaking will be sometime the second week of May with construction beginning right away.

Hooray! Hooray!

Over the past twelve years we have seen very dedicated volunteers who have given heart and soul to keep this project going. The Center is grateful to each one. The amount of fundraisers, baked items, sales, donations, hard work and time given has been a gift to our Center that can never be repaid. Thank you just doesn't seem enough for everything done. Also to our community for their great support.

We are sorry we don't have an exact date for the groundbreaking but ask that you check our Facebook, website, newspaper and the Center for final details.

Mark Fancey, City Planner, has been diligent to send in our grants and support this project from day one. I hesitate mentioning names as I wouldn't want to leave anyone out.

Thank you to each one that has played a part in this project and they tell me it will only take 4 months. Now the noise begins!

Mark Fancey hopes to be at our potluck on Friday, May 13 to talk about the project and answer any questions you may have.

We will all need to be patient as the work goes forward. There will be a lot of outside noise going on, but not on the inside. Stop by and watch the building in progress.

Spring Fling May 24

for dancing.

Hors d'oeuvres and desserts will be served during this time, along with drinks. Tell your family and friends. Stop by the office to buy your tickets. Cost is only

\$5.00 for this fun event.

If you would like to help work during the event or maybe make a food item please contact Elaine LaFond or the office. Volunteers are needed to set up, clean up and serve.

Phone Numbers You May Have Trouble Locating

Utility Assistance (LIEAP): 503-588-9016

Community Action: 503-623-8429

Polk Co. Housing: 503-623-8387

Northwest Senior & Disability Services (Dallas):
503-831-0581

Legal Aid: 503-581-5265

211 Help Line: Give numbers for services

H2O (Help & Hope to Others): 503-831-4736

Ella Curran Food Bank: 503-838-1276

Marion/Polk Food Share: 503-581-3855

Food Stamp Program (SNAP): Register at North-west Senior and Disability Services in Dallas.

Local Gleaners: 503-838-6462

National Medicare Helpline: 24 hours, 7 Days a week, English and Spanish 1-800-633-4227

Statewide Abuse Reporting: 855-503-7233

Free Health Clinic

at Trinity

Lutheran. For
more information
call 503-990-8772
or 503-831-0551.

Mealsite Makes Changes

The Monmouth Mealsite Program is changing beginning in May. Due to a lack of participation, meals will only be delivered to individuals in their homes. No meals will be served in the dining area.

If you are interested in receiving meals at home you may call the Mealsite at 503-838-2084 or contact the senior center at 503-838-5678. Nancy is retired and Carolyn from Dallas will be coming here twice a week to prepare the meals for home delivery.

Classes at Senior Center

iPad

Mondays at 10:00 am and 12:30 pm. Lynn Thompson instructs this fun class that teaches you all the ways around your iPad. She has changed the class in that all classes are considered advanced. Beginners are welcome. No charge.

Card Making with Liz

Liz prepares cards for this class and instructs the students on making them. This month's class will meet May 9 at 10:00. Cost is \$4 and you make 2 cards. Sign up in the office. All supplies are provided.

Card Making with Denise

Denise Wallace's class is scheduled for Monday, May 16 at 4:30 pm. Sign up in the office and cost is still \$4 for 2 cards. Bring glue, scissors, ruler, pencil.

Lunch and a Movie

Irving Berlin's "There's No Business Like Show Business" with Marilyn Monroe, Ethel Merman, Donald O'Connor, Dan Dailey and Dallas' very own Johnnie Ray. This delightful classic will be shown Thursday, May 12, 11:30 — no charge. Bring your lunch.

Brain Builders—Kaylee Hobbs

Kaylee recently took a job and her time is limited. She will continue with the Brain Builder class in May but can only be here on Wednesday, May 11 at 11:30. If you are interested in learning about ways to keep your brain active be sure and attend. She will have paper games to hand out and talk about how to continue.

Tablets—Pat Erkson will help those needing to know more. One on one so call for an appointment at the office.

American Sign Language—Jen Teal Gasper and Shanna Thomas will be teaching this fun class. It is amazing how fun signing is to learn and can benefit others. Class will be held on Wednesdays at 9:00 am. Free—last class is May 25.

Jewelry Making Those interested in making jewelry bring their supplies and meet Wednesdays at 1:00 to get ideas from one another and make items for themselves. Supplies have also been donated to make items for our store to raise money for the Center. James will also teach his method of jewelry.

Regular Activities

Wii Bowling: Tuesdays and Thursdays at 9:00 am. The team competes with Dallas Retirement once a month.

Pinochle: Tuesdays and Thursdays at 12:00 p.m. Newcomers are always welcome.

Bridge: Tuesdays at 12:30. To make sure there are enough players each week, contact the office and we will

refer you to the right person to get on that list.

Ponytail Cards: This card game is played on Tuesdays at 1:00.

Toenail Clipping: Next clinic is scheduled for Thursday, May 26. Cost is \$20. Make appt.

Music Jam: Second Wednesday (May 11) of every month at 6:30pm. Musicians bring their in-

struments and make beautiful music together while others come to listen and sing, stomp their feet, or even dance. All are welcome

Hand & Foot: Mondays at 10:00. This group is growing. Join them and learn a new card game.

Cribbage: Mondays at 10:00 am.

Newcomers welcome.

Health & Fitness Classes

Yoga:

Hatha Yoga Exercises using a tape by Jon-Kabat-Zinn, Ph.D. The gentle, full body, meditative exercises are for strengthening, stretching, and relaxation. An exercise mat is required for the floor exercises and a chair may be used to help get up and down. The group meets every weekday at 7:30 a.m. at the Center. Class is free and open to all.

Stretch Exercise:

Sandy Diehm and Jackie McCormick instruct this Monday, Wednesday, Friday class at 9:00am. Class is free and participants sit on chairs, stretch, use weights and get a good overall workout. You may start at any time.

Hiking:

Linda McBurney and Mary Jane Faulkner are ready to get the hiking group going. Meet at the senior center at 9:30 am on Thursdays. The group will carpool. If you would like to know the destination or need further information contact Linda at (503)779-7532 or Mary Jane at (503)838-3540.

Tap Dancing

Instructor Kaylee teaches beginner class every Wednesday at 10:00 am. You can begin at any time.

Line Dancing

Sandy Keen has been instructing Line Dancing for 25 years and teaches several places in the valley. We are thrilled to have her at our center. Class is scheduled for Wednesdays

at 1:00. Cost is \$5 per lesson. She will provide step sheets to take home and eventually will send the music home too. Beginners always welcome.

Tai Chi –Moving for Better Balance

Roberta has had to cancel Tai Chi for this term only. New funding will be available in July so the next class will start July 11 and be held Mondays and Wednesday at 3:00.

Walking Group

Kaylee Hobbs will be the facilitator for this group that meets Fridays at 10:00 a.m. (except potluck day).

The first destination the group will clock their miles as they "March With The Penguins". Plan on joining.

Personal Computer

Class

Tim Taylor, majoring in Computer Science at WOU, teaches desktops, laptops and windows 7-10 and anything in between. He is exceptional and if you have difficulty in any way with your computer he is your man.

Class times are **Mondays and Fridays at 9:00 am.**

Silent Auction

The Silent Auction in April raised \$151. We ask that you please pick the items you bid on so we can get our next auction going.

Thanks to many of you, Judy Vincent has a new supply of some beautiful items for the auction that be held starting in May.

She has agreed to continue holding auctions as long as she has items donated.

Stop by in May and check out the lovely items. Judy usually starts the new auction around potluck day.

Thank you to Judy Vincent for her support.



More Fun Things To Do at the Center

New Sing-a-long With Marion

Marion Andersen, pianist, has agreed to come the second and third Thursday of each month to play her piano and have others sing along with her music. Words have been given for the oldies so don't worry about not remembering them. Marion played for the Victorian Tea and also the Hymn Sing last month. Check out the songs — Shine On Harvest Moon, Moonlight Bay, By The Light of the Silvery Moon...and many, many more. Time is 1-3.

American Sign Language Class

Jen Teal Gasper and Shanna Thomas are both very knowledgeable about ASL and willing to teach a beginner class on Wednesdays, from 9:00-10:00 through May 25. Come learn some basic ASL signs, the alphabet and basic sentence structure.

Advisory Board Report from Pat

The Advisory Board met on March 22, 2016. No business was conducted, but there were reports to be heard.

Mark Fancey discussed the Building Fund shortfall of \$100,000. He will be bringing the matter before the City Council at their April 5 meeting.

Darin Silbernagel City Council report included that the Edwards edition communal chicken and ducks pen is allowed up to 25 poultry or fowl with 108 sq. ft. per bird minimum. The 2014-15 audit was also presented to the City Council.

The Promotional Committee is working on the Western Days plans for the Booth in the park as well as a float in this year 's parade. They are also expanding the Hospitality Committee and adding to the membership of the promotional committee.

Pat Ohlsen, President

The Advisory Board meeting is open to any members who like to attend. If you have an item to bring please contact Pat Ohlsen before the meeting.

Women's Breakfast

Women meet at the Senior Center and leave at 8:55 for breakfast at the Valsetz Room at WOU.

The group meets the first Wednesday of each month—next one is scheduled May 4

Coin Club

Polk County Coin Club meets the 3rd Tuesday of each month at the Center. The doors open at 6:15 pm, meeting starting at 7:00pm. For further information about joining the club contact John at 503-362-9123

Weight Loss Support Group

Sherry Hee, former weight loss coach for Kaiser Permanente, will facilitate a support group on Wednesdays at 4:00 pm. All are welcome and there is no charge.

Monmouth
Senior Center

We're on the Web!

**Monmouth City Web
Page**

www.ci.monmouth.or.us

FACEBOOK

www.facebook.com/

Monmouth.seniorcenter

Victorian Tea Report

Last month we held our 10th Victorian Tea and it was perfect. The Tea Committee pushed hard to make it this way and we want to say a special thank you to Liz Honse, Dixie, Barbara Erickson, Donna Pippin, Dorothy Lucas, and Phyllis Harriman. Also to our models from the Yoga Group, Marion Andersen and Marley and Grace, Phyllis Bollman, Linda Russell, students from the WOU Women's Soccer Team, WOU students, and members who worked so hard to make this event happen. We had over 65 volunteers and they worked very hard. Thank You!

Monthly Potluck, May 13, 12:00 p.m.

We are celebrating this month with Mexican Food. Pat Ohlsen has agreed to make beef enchiladas for everyone and we are asking those attending to bring a side dish, salad or dessert. Margaret Manoogian's and Elli, her daughter, will be filming during the potluck, to be used to help promote the Center. We are looking for ways to promote the Center and she will be helping by making this film.

Mark Fancey should be here to talk about the Expansion and let us know what is next and answer questions. Let's all come and celebrate. Be sure and watch for Groundbreaking date.

Mother's Day Bingo—May 4

Dues Due in June

Sharon Kay Woods has taken over for Karen Gilmore on this Bingo that will be held in honor of mother's on Wednesday, May 4, 1:00 pm. This is a free Bingo and First Call from Salem is helping to sponsor it. Many local businesses have donated everything from flowers to certificates. Kay Bates donated a bracelet and earring set.

First call is donating a bunch of cookies and punch. Plan on bring others with you. This will be a special time.

There are some members paying their dues in January because they think it's our fiscal year. If you paid your dues last year in July you do not pay again until after June 30. This helps keep our books straight.

Supplies For Local Troops

Pedee Women's Club sends out boxes each month to troops whose names have been given to them by local families. Many items are sent regularly and any kind of food, hand & foot warmers and microwaveable food must be sealed and unopened. No Top Ramen please. Stop by the Center for a full list.

Adult Coloring

Everyone has a creative side and coloring can be a real stress reliever.

Colors and pictures are available or you may bring your own.

Third Wednesday of each month at 1:00.

Oregon Senior Games

The Oregon Senior Games are taking place in Bend from June 9-12 and are for those 50 and older. It's a chance to test your mettle against other seniors while enjoying a getaway to the beautiful area. www.visitbend.com/Bend_Oregon_Activities_Recreation/Oregon-Senior-Games/ or [facebook.com/events/482937581896470/](https://www.facebook.com/events/482937581896470/)

From The Desk of Jack — Friends Board President

These past few days have been a little hard on my wife and me. We had to journey to Sacramento to be with my brother who had a stroke, so on our return last night, the 19th, and learned that the Monmouth City Council had offered to complete the funding for our expansion. Came at the perfect time.

I know that I share with the Friends Board, the Advisory Board, Sue and every member of this organization a huge "Thank You" to the members of the Monmouth City Council for their action in this matter.

Be prepared for the noise of the hammering and a tad of dust.

Ta Ta for now, Jack

The Karaoke group will not be coming for the summer. For now we will be offering sing-a-long with Marion who plays the music from the past. We hope many of you who are not western fans will come and check it out. We have all the words to many of the songs.

Hymn Sing

Kevin and Candi Hughes will be here again for our monthly Hymn sing Thursday, May 19 at 6:30. The Hughes bring their two teenage children and Kevin plays the guitar. It is so much fun singing the old hymns.

This hour is incredibly fun with lots of music and laughter.

Ice Cream Social

The next Ice Cream Social/White Elephant Bingo is scheduled for Friday, May 20 1:00 pm.

Bring a wrapped white elephant gift to play Bingo with.

Kay Annis will be here with all the ice cream and toppings! Free for all. A special thank you to Kay for all the goodies.

Monthly Breakfast

Don't forget to attend the monthly Community Breakfast where we serve pancakes, scrambled eggs, sausage, biscuits and gravy, orange juice and coffee for a suggested donation of \$6 for adults and \$3 for children under 12.

Saturday, May 7, 8:30-11:30 right here at the Monmouth Sr. Center.

Emergency Preparedness

Shannon Kison, Practicum student from WOU, will be sharing Red Cross information and a personal checklist of supplies needed in the event of some type of disaster on Tuesday, May 17, 10:00 am.

There are many things we don't think about and this will give you just the info you need to be prepared.

More Regular Classes (continued from page 2)

Conversational Spanish
Mondays 3:00 pm No fee
All levels welcomed. Carmen Pachuca encourages new people to join the group.

Creative Writing
Fridays 10:00 am Jane West facilitates this class where writers are beginners to advanced. No fee

Beginning Watercolor
Carmel Mulcahy will be to instruct this popular Beginning Watercolor class.

During the spring term we are leaving this space open for those who would like to paint with others without a teacher. They meet Tuesdays at 11:30. Bring your supplies.

AARP Defensive Driving

The next AARP Defensive Driving class scheduled at Monmouth Senior Center is Saturday, May 14, 9:00 a.m.-4:00 p.m.

The office is taking names and phone numbers now. Cost is still only \$15 with an updated AARP card or \$20 for non-members. You are encouraged to sign up as class is limited.

Women's Night Out

Saturday, May 28
Dinner-meet at 5:00
Games-meet at 6:30

Breakfast

Wednesday, May 4,
8:55 am

Coffee and Conversation—May 16

Each month a Coffee and Conversation is held at the senior center with donuts and people talking with one another. Amvets are sponsoring the time each month. It begins at 10:15 and is a good way to visit other veterans or to meet some of our members. There is no charge and we hope you will give it a try.

Brown Bag Series at WOU — Aging Well-Aging With Others Continues

Gerontology Department (WOU), Politics, Policy, and Administration Department (WOU); Human Resources and Monmouth Senior Center are sponsoring a Brown Bag Series: **Aging Well—Aging With Others** from 12:00-1:00. This four part series is open to campus and community

members who are interested in learning more about personal aging pathways and ways that aging concerns and processes may be enhanced in families.

A ride is available for each session at 11:30 am from the Center and will pick you up afterwards.

Brown Bag #2: Understanding Policy: Implications for Aging Adults, May 4.

Brown Bag #3: Health Promotion and Aging: Best Practices, May 11.

Brown Bag #4: Talking About End-of-Life Issues, May 25.

. . . on the road again

Free Trip for April goes to Darrell Gilbert. Darrell will have his choice of a day trip valued at \$25 which includes the cost of his meal. Congratulations Darrell. For those who have won trips in the past and haven't used them yet it is not too late. We understand it may not work for the month you win the trip but you can take it another month. Contact Sue and let her know if you are a past winner if you see one you would like to take.

Reminder – Unless you are told otherwise, payment for trips must be paid for when you sign up.

Drivers – We have five new drivers we will be training very soon. Once they are trained we will be able to offer more trips so watch for them.

A Trip to Remember – 4 nights/5 days, June 15-19 Cost: \$400

For those who are going on this please we have set up a meeting to go over details and give you a full itinerary. It is scheduled for Wednesday, May 18, 1-:00 am.

Let us know if you are not available and we'll get you the information.

The first day will take us on the old Columbia Gorge scenic Hwy, stop at Bette's for lunch in Hood River, Columbia Gorge Discovery Center in The Dalles and then head north for Yakima where we will be staying for the night. The second day we will travel to Lake Chelan by way of Leavenworth and Cashmere, stopping at several places along the way, staying in Chelan that night. Day three we'll get up early and board the Lady on the Lake boat for a trip up the lake to Stehekin where we will take a bus tour of Rainbow Falls and back on the boat for the trip back to Chelan. After arriving back we will take a break and then head to Grand Coulee to see the Laser Light Show at Grand Coulee Dam. We stay all night here and day four we head over to Fife (by Tacoma) for the night. We are still working out details for this area before heading home on day 5. It is a go for Sue to drive and her husband Tim will be the backup driver. We have added a stop on the way home from Fife. Cost will be an additional \$7 for a tour of Wolf Haven. We recently watched a video of it and I believe you will enjoy it.

Northwest Senior Theatre – May 19 – Cost: \$13.75

The Theatre is celebrating 25 years of quality entertainment. This year they are offering "The Silver Season Spring Gala – 2016". Broadway and Vaudeville songs, skits and dancing – all the things you love. We'll leave the Center at 11:30 am. We'll find a place for dinner. Cost covers your transportation and theatre. Dinner is on your own. We still have room on this trip. This will be an extra special day as the theatre is celebrating 25 years of quality entertainment.

Scenic Jet Boat Trip on McKenzie River – May 21 -- Cost: \$72 – 1:30 pm

The boat starts at Harrisburg, Oregon just south of Corvallis on Peoria Rd. It is 2 ½ hours long and refreshments will be served. It is suggested to layer your clothes as you never know what the weather might be. Safety is #1 with the crew. Wildlife to see includes black tail deer, otter, beaver, osprey, bear and the glorious bald eagle. View crops, plants and breathtaking sites. The first group went and loved it. We will need to contact the jetboat office by May 16 so sign up right away. We do have several from the waiting list last time but still have some space.

...on the road again

Whale Watching/Lunch at Tidal Raves – May 12 – Cost \$11.75 9:00 am

We're off for a day at the beach to see if we can find any of those whales around. Our lunch stop will be in Depoe Bay at Tidal Raves and we'll also take time to stop at the Whale Viewing Center nearby. Then it's off to Newport with stops along the way for viewing. We'll hit the ice cream store on the way home by way of Hwy. 20 and Kings Valley. Lunch and ice cream is on your own. We are seeing a lot of names on the waiting list. If you are interested please get your name on the list as we will set up a second trip.

We are looking at summer trips while the weather is good. Ideas? Right now we are thinking Jetboat ride in Portland, Portland Spirit for a day trip that goes to the Columbia River, Portland Zoo, Grants Pass and an evening on the river (one night), Rock Museum near Hillsboro, drive from Salem and McKinzie Pass and back to Eugene, rockhounding...trips can go just about anywhere. Let us know in the office.

Overnights through Oregon West Excursions

The Queen Mary & Catalina Island – May 23-May 27, 2016

Cost: \$1,738 per person double, \$2,161 Single

Catalina Island lies in the Pacific Ocean, 22 miles west of Los Angeles. The island combines natural beauty with a wide range of amenities and activities. With over fifty miles of shoreline, secluded coves, and dramatic views, this destination has earned a reputation as "the island of romance".

NE Oregon & Beyond – June 19-25, 2016

Cost: \$1,596 per person double, \$1,921 Single

Breathtaking beauty and diversity... An area steeped in history stretching from the foot of the Blue Mountains to the heights of the Willowa's to the feet of "The Guardian of the Valley".

Treasurers of the Northwest—Hurricane Ridge & The San Juan Islands

July 24-29, 2016 Costs: \$2,128 per person double, \$2,498 per person single

It's time to breathe the fresh, mile-high air on Hurricane Ridge, just south of Port Angeles, in the Olympic National Park. You'll feel you're on top of the world, and you actually are! The ruggedly carved mountain range contrasts with the soft fields of wild flowers in the subalpine meadows below. Cruise the pristine waters and narrow passageways aboard the Viking Star. View Orca whales, and other wildlife, on a 3 day cruise you'll never forget!